What Is Claimed Is:

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1. A buffer cushion (1) for automobile seats, comprising:

a main air chamber (2) having a size corresponding to the sizes of the automobile seats;

an auxiliary air chamber (3) having a relatively smaller size than the main air chamber (2);

an interconnecting chamber (4) formed integrally with the main air chamber (2) and auxiliary air chamber (3) for communicating the main air chamber (2) and the auxiliary air chamber 3 with each other to allow air injected into the buffer cushion to freely move between the main air chamber (2) and the auxiliary air chamber (3); and

adjusting means (5) that is mounted on the auxiliary air chamber (3) for buffering the impact applied to the main air chamber (2) and adjusting a buffering force when the impact is applied to an automobile seat in upward and downward directions,

wherein the adjusting means (5) includes:

a casing (6) for accommodating the auxiliary air chamber (3) therein, the casing having an adjustable slit (11) formed thereon;

a pressuring plate (7) disposed at the inside of the casing (6) and axially mounted at one side thereof to the casing by means of a hinge pin (8); and

a plate spring (9) mounted on the pressuring plate (7) for 25 pressurizing the pressuring plate (7) at a predetermined spring

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elastic coefficient, the plate spring having an adjusting bolt (10) fixed to one side thereof through the adjustable slit (11) to be moved forward and backward along the adjustable slit.